THE AMERICAN HEALTH SERIES

OUR GOOD HEALTH

I

WILSON · BAKER · ABBOTT · ALMACK

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THE AMERICAN HEALTH SERIES

OUR GOOD HEALTH

I

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Jean said to the dog,
"Come, Mack, play with me."
Joe said to the rabbit,
"Little Spot, come and play."

One day Mack ran fast.
Spot ran after Mack.
Jean and Joe laughed.
"Look at Spot hop!
Look at Mack jump
over Spot!" Joe said.
"They like to play."

"Come, Jean," Joe said.
"We will play ball.
I will throw the ball to you.
You will catch the ball.
Then throw the ball to me.
If we miss the ball,
Mack will go after it."

"Oh! Oh!" Jean said.
"You missed the ball."
Joe ran for the ball.
Mack ran for the ball, too.
Spot ran after Mack.
"Run, Joe! Run, Mack!
Run for the ball," Jean said.

"Good little Spot!" Joe said.
"You did not get the ball.
Mack did not get the ball.
I got the ball."

GETTING UP FOR BREAKFAST

"Good morning," Jean said.
"I am very happy,
for this is a play day."
"Good morning," Mother said.
"You may eat a good breakfast,
and then you may play."

Jean said, "I will wash
my face and hands and ears.
I will eat my breakfast,
and then I will play."

Jean washed her hands.
She washed her face and ears.
She brushed her teeth.

Jean said, "Good morning, Joe!
Wash your face and your hands.
Eat your breakfast,
and then we will play."

Joe washed his face and hands.
He washed his ears.
He brushed his teeth.

"Joe is washing Mack," Jean said. "Mack is ready for breakfast. Now Joe must wash his hands again."

Jean set the table.
"I will put on the glasses,"
she said, "and then the plates.
Here are the oranges.
Here is the milk,
and here is the cereal.
Come, Joe, breakfast is ready."

Jean drank some milk
and ate an orange.
Joe drank some milk
and ate an orange.
Joe and Jean ate cereal.

Joe said, "Mack and Spot
are hungry, too.
They want some breakfast."

"Come, Mack and Spot!
Here is your breakfast," Joe said.
Mack drank some milk
and ate a puppy biscuit.
Spot ate a big carrot
for his breakfast.
Spot drank some milk, too.

Your Breakfast

What do you eat for breakfast?

Do you eat oranges?

Do you eat grapes?

Do you eat eggs?

Do you eat toast?

Do you eat cereal and milk?

Show Us or Tell Us

how Joe runs.
how Spot hops.
how Jean throws the ball.

how Joe washes his hands.
how Jean smiles.
how to set the table.

what food you like for breakfast.
what drink begins with *m*.
what fruit begins with *o*.

what Spot eats.
what Mack eats.
what Jean eats for breakfast.

JEAN AND JOE ARE GROWING

"Joe is a big boy," Father said.
"He is almost seven years old.
He is growing."

"Jean is a big girl," Mother said.
"She is six years old.
She is growing."

"How tall is Joe?" Father asked.

"He is about 48 inches tall."

"How tall is Jean?"

"She is about 48 inches tall."

"So Jean is as tall as Joe!"

"Yes," Mother said. "But Joe
weighs more than Jean."

Father said to Joe,
"How much do you weigh today?"

"I weigh 57 pounds,"
Joe said. "Jean weighs
52 pounds. We are growing."

JOE AND JEAN'S FAMILY

"Baby sister is one year old,"
Jean said.
"She weighs more than Spot.
Little brother is three years old.
He weighs more than Mack."

"How tall is Father?" Jean asked.

"He is six feet tall," Joe said.

"How tall is Mother?"

"She is over five feet tall."

"Father is tall," Jean said.

"Oh, yes," Joe said.

"He is very tall."

PLAY AND GAMES

Joe said to Jean,
"Let us play in the sunshine.
We can play on the big slide."

Jean said, "Come, Joe.
Let us swing in the big swings.
When you swing up,
I will swing down.
Up and down we swing.
Up and down we swing.
I like to swing in the sunshine."

"I like to swing
on the ladder," Joe said.
"See me swing, Jean."

Joe and Jean played
a game called, "What Am I?"
Joe closed his eyes.
Jean said, "I am very, very tall.
I am very, very small;
Sometimes small, sometimes tall,
Guess what I am now!"

Jean played with her friends.
Jean was "It."
She tagged one child and ran.
She sang, "Charley over the water,
Charley over the sea.
Charley catch a bluebird,
Can't catch me!"

PLAY AND REST

Joe and Mack played ball in the sunshine.

They played hard.

"Come, Mack," Joe said.

"It is time to rest."

Joe and Mack lay down to rest.

Jean played with her doll.
They went for a walk
in the sunshine.

Then Jean said, "Betty,
it is time to rest.
You and I need a good rest.
I will take off your coat."

Jean washed Betty's face.
She brushed Betty's hair.
She put Betty to bed.
Jean rested, too.

LUNCH TIME

"Joe! Jean!" Mother called.
"It is time for lunch."
Joe ran to the house.
Jean ran to the house, too.
"What dirty hands!" Mother said.
"We will wash them," Joe said.

Joe washed his hands
with soap and water.
Jean washed her hands and arms
with soap and water.
She washed her face, too.
She said, "Look, Joe!
My hands and face are clean."
Joe said, "Look, Jean!
My hands are clean, too."
Jean laughed and said,
"Oh, Joe, you have black rings
on your arms."
Joe looked at his arms.
He said, "I will wash again.
I will wash my hands
and my arms and my face."

"What a good lunch!" Jean said.

"Yes," Mother said, "we have fresh fruit and fresh vegetables."

"And good meat!" Joe said.

"And good bread!" Jean said. "I know why we grow, Mother. You give us good food."

Fruits

What fruit is red?
What fruit is blue?
What fruit is orange?

On what do oranges grow?
On what do apples grow?
On what do grapes grow?

What fruits do you
like best?

Your Lunch

What do you eat for lunch?

Do you eat fresh vegetables?

Do you eat fresh fruit?

Do you eat bread and butter?

Do you drink fresh milk?

Do you eat meat?

GOOD HELPERS

Jean said to Mother,
"I will help you.
I will wear my new apron.
I will sweep the floor
with my new broom.
I will put the dishes away.
Then I will play with the baby."

Mother said, "Thank you, Jean.
I need your help."

Jean put on her pretty
new white apron.
She put the dishes away.
She swept the floor.
Then she played with the baby
till the baby went to sleep.

Joe said, "Mother,
I want to help you.
I will clean my room.
I will set the table
for dinner."

Joe cleaned his room.
He set the table for dinner.

Joe fed Mack and Spot.
He fed Mack some meat.
He fed Spot some greens.

SAFE PLAY

Joe and Mack played ball.
Joe rolled the ball to Mack.
The ball rolled into the street.
Mack ran into the street
to get the ball.
Joe said, "No, no, Mack!
We must not run
into the street.
We will play near the house,
where we are safe."

Jean played ball
with her little brother.
They played on the walk.
The big ball rolled
into the street.
Little brother ran fast
to get the ball.

Jean said, "Little brother, we
will not run into the street.
We will play near the house,
where it is safe."

Show Us or Tell Us

what is good for breakfast.
what is good for lunch.
what is good to drink.

what good food is yellow.
what good food is red.
what good food is white.

how to get ready for lunch.
how to go to the table.
how to sit at the table.

how Joe helped Mother.
how Jean helped Mother.
where it is safe to play.

Helping at Home

How do you help your mother?

Do you clean your room?

Do you put your toys away?

Do you put your clothes away?

Do you sweep the floor?

Do you feed your pets?

EARLY TO BED

Betty's bedtime came.
Jean washed Betty's face.
She put a clean gown on the doll.
She put Betty to bed.
She opened the window.
"Good night, Betty," Jean said.

Jean said to Mother,
"At bedtime I do nine things.
I brush my hair.
I brush my teeth.
I go to the toilet.
I wash my hands and face.
I take a warm bath.
I put on a clean gown.
I open the window.
I turn off the light.
I say good night."

Mother laughed and said,
"You do three more things, Jean.
You jump into bed.
You close your eyes.
You go to sleep quickly."

Joe's bedtime came.
He brushed his teeth.
He went to the toilet.
He washed his hands and face.
He took a warm bath.
He put his clothes away.
He put on clean pajamas.
"Good night, Mother," he said.
"Will you open your window,
Joe?" Mother asked.
"Oh, yes, Mother!
I will open my window.
I like fresh air."
"Will you turn off the light?"
"Yes, Mother! I like
to sleep in the dark."

WHAT TIME IS IT?

Joe gets up early.
He puts on clean clothes.
He washes his face and hands.
He brushes his teeth.
He combs his hair.
He says, "Good morning."

What Time Do the Clocks Say?

Joe eats breakfast at eight (8).

He likes to rest at ten (10).

He eats lunch at twelve (12).

He rests at three (3).

He eats dinner at six (6).

He goes to bed at seven (7).

Your Day

What do you do at seven (7)?

What do you do at nine (9)?

What do you do at twelve (12)?

What are you doing at two (2)?

When do you eat dinner?

When is your bedtime?

EARLY TO RISE

The morning sun was up.
A bird came to Jean's window.
It seemed to sing, "Wake up!"
Jean opened her eyes.
She jumped out of bed.

Jean went to the toilet.
She washed quickly.
She combed her hair.
She brushed her teeth.
She put on a clean dress.

CLEAN WHITE TEETH

Mother said, "Good morning, Jean. I like to see you smile."

"Why do you like to see
me smile, Mother?"

"I like to see you smile
because your teeth are white.
You brush them every day.
If you did not brush them,
they would not look clean.
When you smile, you show
your clean white teeth.
You look happy.
Everyone likes to see you smile."

"Will I have good teeth
if I brush them?" Jean asked.

"If you want good teeth,
you must brush them, and you
must eat good food, too.

"Baby sister has five teeth.
You have twenty teeth.
You and baby need good food.
Milk is good for teeth.
Tomato juice is good for teeth.
Orange juice is good for teeth.
Fresh fruit is good for teeth."

The dentist took care of Joe's teeth. He said,
"Be sure to eat good food.
Be sure to brush your teeth."

Show Us or Tell Us

how to get out of bed.
how to get into the bathtub.
how to walk downstairs.

when to go to bed.
when to get up.
when to go to the toilet.

when to eat lunch.
when to eat dinner.
when to eat breakfast.

how to brush the teeth.
how to comb the hair.
how to wash the ears.

ON THE WAY TO SCHOOL

Joe put on his coat and hat.
Jean put on her coat and hat.
They said, "Good-by, Mother.
Good-by, Spot and Mack.
It is time to go to school."
Off they went to school.

They walked very fast.
"Be careful not to fall, Jean,"
Joe said. "You must keep clean.
We must be clean in school."

Joe and Jean saw the lights.
The red light said, "Stop!"
The yellow light said, "Be careful!"
The green light said, "Go!"

A big car came by.
Joe and Jean stopped on the walk.
The light was red.
Then the light was yellow.
They waited for the green light.
They looked both right and left.
Then they crossed the street.

Joe said to Jean,
"At this crossing, one day,
I taught Mack a safety lesson.
'Wait, Mack!' I said.
I crossed the street
on the green light.
Mack waited on the walk.
When the light was green again,
I said, 'Come, Mack!'
Mack ran safely to me
across the street."

On the way to school
Joe and Jean came
to the end of the walk.
Then they walked down the road.
"Keep on the left side
of the road!" Joe said.
They met a big car.
They stepped off the road.
The big car went by.
Joe and Jean were safe
on the left side of the road.

THE RED HEN

On one Saturday Jean went to the pet shop.

She saw a red hen.

"How much is the hen?" Jean asked.

"She is sixty cents."

Jean bought the red hen.

Jean took the red hen home.
At first she put the hen in a box.
She fed her some corn.
She gave her water to drink.
"Cut—cut—cut!" sang the red hen.

One morning Jean left the door of the box open.
Jean went into the house.
The red hen walked out of the box.
She went down the street.
"Cut—cut—cut!" sang the red hen.

The hen came to a street.
The red light said, "Stop!"
The hen did not know the lights.
She did not stop.
She went into the street.
A policeman was in the street.
He saw the red hen.

The policeman saw cars coming.
He held up his hand.
He said, "Stop!"
All the cars stopped.

The red hen did not stop.
She said, "Cut—cut—cut!"
She went across the street.
The policeman said,
"Go back, red hen! Go home!
You will be hurt."
"Cut—cut—cut!" said the hen.

The red hen went back
across the street.
She went home.
She went into her box.
She ate some yellow corn
and drank some water.

Jean was glad to see the hen.
"You must stay at home, red hen!
The street is not safe.
You may be hurt,
if you run across the street."

"Cut—cut!" said the red hen,
as if to say,
"I will be good.
I will stay at home.
I will make a nest."

Show Us or Tell Us

what the policeman did.
what the red light said.
what the green light said.

how to walk on a road.
how to cross a street.
how to keep safe from cars.

which is your left hand.
which is your right hand.
which is the left side
of the road.

how to start for school.
how to look for cars.
how to come into school.

PLAYING GAMES

"Hello! Is this 123-M?" said Jean.
"Yes, this is 123-M," said a voice.
"May I talk to Mary?" said Jean.
"This is Mary!" said the voice.
"Oh, Mary, this is Jean.
Come and play with me."
"Thank you, Jean.
I will come to play with you.
I will tell Bob and Sam
to come, too."

Mary came to play with Jean.
Bob and Sam came, too.
"I have a new rope," Jean said.
"Come, let us jump the rope!
Bob and Sam will turn it.
One, two, three!
Turn the rope fast."

Other children came to play
with Jean and Joe.
They played games.
They played "Cat and Rat."
Mary was the cat.
Jean was the rat.
Mary caught Jean.

Joe said, "Let us play 'I See.' I see something with four legs."

"Do you see a dog?" asked Betty.

"Do you see a rabbit?" asked Jean.

"No dog!" Joe said. "No rabbit!"

"Do you see a table?" asked Jim.

"Yes," Joe said. "I see a table."

"I know a new game," said Bob.
"What is the game?" asked Joe.
"'Who Is It?'" said Bob.
"You must close your eyes.
I will choose someone
to tap on the door.
"Who is at my door?" asked Bob.
"It is Joe," said Mary.
"No, it is not Joe."
"Who is at my door?" asked Bob.
"It is Sam," said Joe.
"No, it is not Sam."
"Who is at my door?" asked Bob.
"It is Jean," said Mary and Joe.
"Yes, it is Jean," said Bob.
"Come in, Jean."

READING AND WRITING

Mother said, "See Joe read. The light falls upon his book. Joe does not face the light."

Jean said, "Look, Mother!
I am reading as Joe does.
I sit up straight when I read.
I sit by a good light.
The light falls upon my book.
I do not face the light.
I am careful of my eyes."

Jean said, "Joe and I
like to write at school.
We stand straight at the board.
We hold the chalk right.

"We sit straight and write
at our seats, too."

STANDING AND WALKING

Mother said, "I like the way Joe stands.

Joe stands up straight.
He holds his head up.
His back is straight.
His arms are even."

Jean said, "I like to see
Joe stand up straight.
I like to see Mack
stand up straight, too.
Mack stands up straight
when he wants to play.
Sometimes little Spot puts
his ears up straight.
Sometimes Mary's kitten puts
his tail up straight.
I will stand up straight
like Joe and Mack."

Mother said to Joe and Jean,
"When you walk to school,
try to walk straight.
Keep your feet straight."
Jean said to Joe,
"I like to walk straight.
I like to see you walk straight."

GROWING UP

"This is Joe's picture
when he was a baby," Mother said.
"He weighed about 18 pounds.

Now he weighs 58 pounds.
Joe is growing up.
What helps Joe to grow?"

"I know," Jean said.
"Good food helps Joe to grow.
Joe eats cereal every morning
for his breakfast.
He eats bread and butter.
He eats fresh eggs.

"Joe likes fruit.
He likes oranges and apples.
He likes green foods.
He likes carrots.
He likes to drink milk.
He drinks water, too.
They help Joe to grow."

Mother said, "Jean is growing.
When she was one year old,
she looked like baby sister.
Now she weighs 53 pounds.
She is almost 49 inches tall.
She is bigger than little brother.
She is almost as big as Joe.

Why is Jean growing every day?"

"I know," Joe said.

"She eats good food.

She drinks milk.

She plays in the sunshine.

She rests after she plays.

Rest helps Jean to grow."

THE MARKET

Mother said, "Look, children!
Here is a food market.
See the apples and oranges.
See the green vegetables.
The market has butter and eggs.
What will we buy?"

Jean said, "Oh, Mother!
Let us buy some food
for a picnic.
Let us buy some red apples
and some yellow bananas."

Joe said, "Let us buy
some eggs and butter
to make sandwiches."

"A picnic!" Mother said.
"That will be fun.
We will buy bananas,
apples, and oranges.
We will buy butter and eggs.
We will need green lettuce
for the sandwiches, too.
We will have a jolly picnic."

Bright Colors

The apple is red.
The flower is yellow.
The plate is blue.

Name a red berry.
Name a blue flower.
Name a green leaf.

What color is grass?
What color is milk?
What color are bananas?

THE LOST KITTEN

Jean went for a ride.
Father drove the car.
They went a long way.
The sun went down.
Jean saw something
with bright eyes by the road.
"What is that?" she asked.
Father stopped the car.
There was a little white kitten
by the road.
"Mew, mew," said the kitten.
Jean took the kitten home.
"Mew, mew," said the kitten.
"It wants some milk," said Jean.
"And a warm bed," said Father.

The kitten drank some milk.
Then she sat by the fire
and washed her fur. Jean said,
"You are almost white.
I will call you Snow-White."
The morning came.
It was very cold.
Jean fed Snow-White warm milk.
Snow-White sat by the fire.
She washed her face.
She washed her ears.
"Oh, Mother," Jean said,
"Snow-White is washing her face."
Snow-White said, "Mew, mew."
That was the way she said,
"Thank you, Jean."

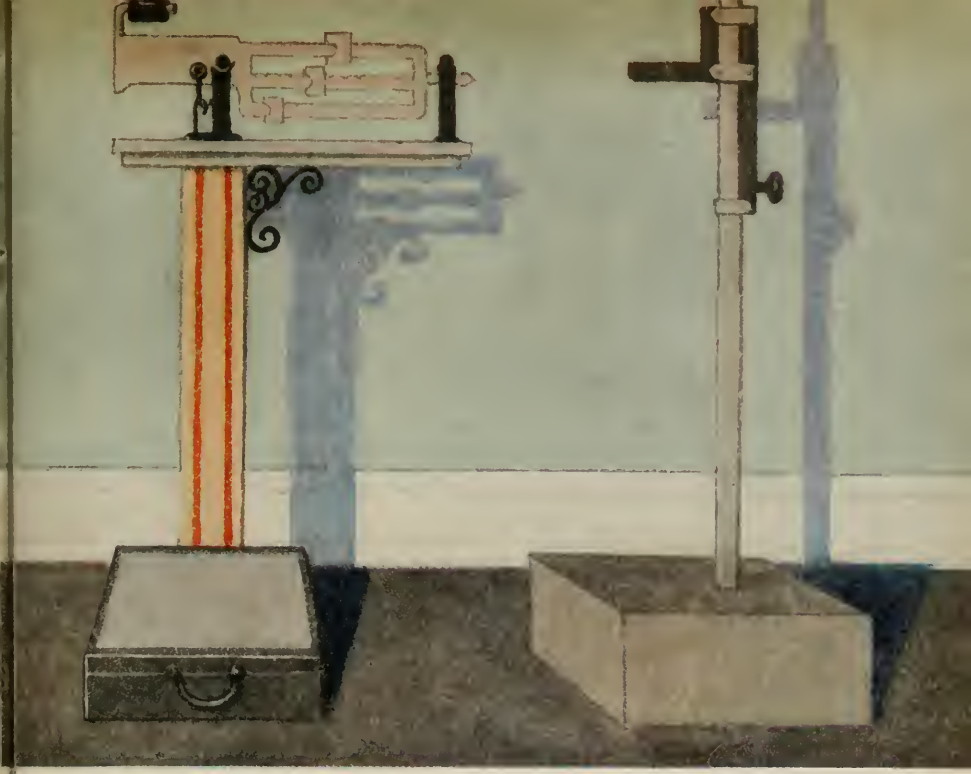
Snow-White grew fast.
She drank milk.
She ate bread and meat.
She liked to play.
She rested after she played.
She kept clean.
Mack and Spot grew, too.

what helped Spot to grow.
what helped Mack to grow.
what helped Snow-White to grow.

how to go to bed.
how to get fresh air.
how to rest after play.

what helped Joe to grow.
what good food is in a market.
what green foods you like.

how Snow-White mews.
how she drinks milk.
how she washes her face.



Are You Growing?

How old are you?

When is your birthday?

How tall are you?

How much do you weigh?

What helps you to grow?

Do you rest every day?

HEALTHY SUNSHINE

In summer Mother said to Jean,
"You and little brother must play
in the sunshine.
Joe plays in the sunshine.
His face is brown.
He has a good coat of tan."

Jean went for a walk
with little brother.
He wore a sun suit.
Jean said, "Little brother,
the sunshine is good for you.
It helps to make you grow.
It helps you grow straight."

THE DOLL HOUSE

Joe and Jean made a doll house.
They made it of boxes.
They made two pretty bedrooms.
They put windows in the rooms.
They made a living room
and a dining room.

Jean said, "My little dolls
will have a good home.
They will have sunshine
in the dining room.
They will have sunshine
in the living room.
They will have fresh air
in the bedrooms.
They will have good beds
in the bedrooms."

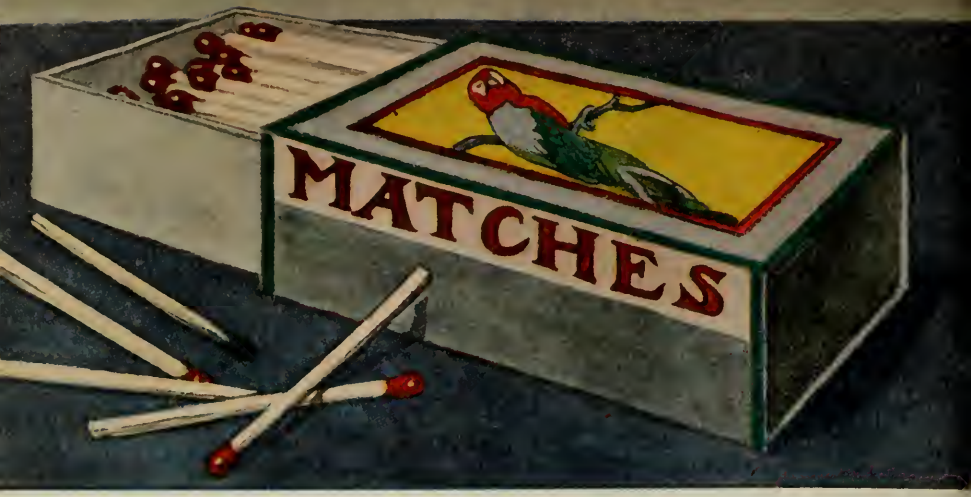
Joe said, "They have no kitchen.
People cannot live on air
and sunshine.
They must have food, too."

Jean said, "We will make
a kitchen for the house."

FIRST AID

Joe was playing ball.
He ran fast after the ball.
He fell and hurt his knee.
He went to his mother.
She washed his knee.
She put a bandage on his knee.
It did not hurt much.
Joe said, "When I run fast,
I will be very careful
not to fall."

Mack was playing with his ball.
The ball rolled into the street.
Mack ran after the ball.
Mack ran into a car.
It hurt his leg.
Mother showed Joe how to put
a bandage on Mack's leg.
Joe talked to Mack.
He said, "Be careful, Mack!
Do not play in the street."



SAFETY FIRST

Jean found some matches
on the floor.
She took them to her mother.
"Thank you, Jean," said Mother.
"Thank you for the matches.
We must not let matches
lie on the floor.
If baby sister should find them,
she might play with them.
They might burn her."

Jean said, "Little brother
has left his toys on the floor.
Here is his red truck.
Here is his black car.
I will pick up the toys.
I will put them safely away,
so no one will fall over them."

Safety Signs

Can you read these signs?

Danger

Stop—Look—Listen

Stop Go

These signs help all children to be safe.

FUN AND PLAY

Two children played this rhyme.

Two little blackbirds
  Sat on a hill.
One named Jack,
  And one named Jill.
Fly away, Jack.
  Fly away, Jill.
Come back, Jack.
  Come back, Jill.

Jean played "Miss Muffet."
She ran home for milk.
She took a bowl from the shelf.
She went to the garden.
She sat down on the grass.
Along came a spider.
Jean ran away.

"Who can throw far?" Joe asked.

Bob threw the ball.

Joe threw the ball.

Joe threw very far.

"Who can jump high?" Bob asked.

Bob jumped and Joe jumped.

Bob jumped very high.

"Who can run fast?" Joe asked.

Joe ran to the house.

Bob ran to the house.

Joe and Bob ran very fast.

"Please play the piano,
Mother," Jean said.
"We want to step to music."
Mother played the piano.
The children walked and ran
and skipped.
They skipped in the house.
They walked in the garden.
Mack ran after them.
"No, no, Mack," Joe said.
"You cannot keep step."

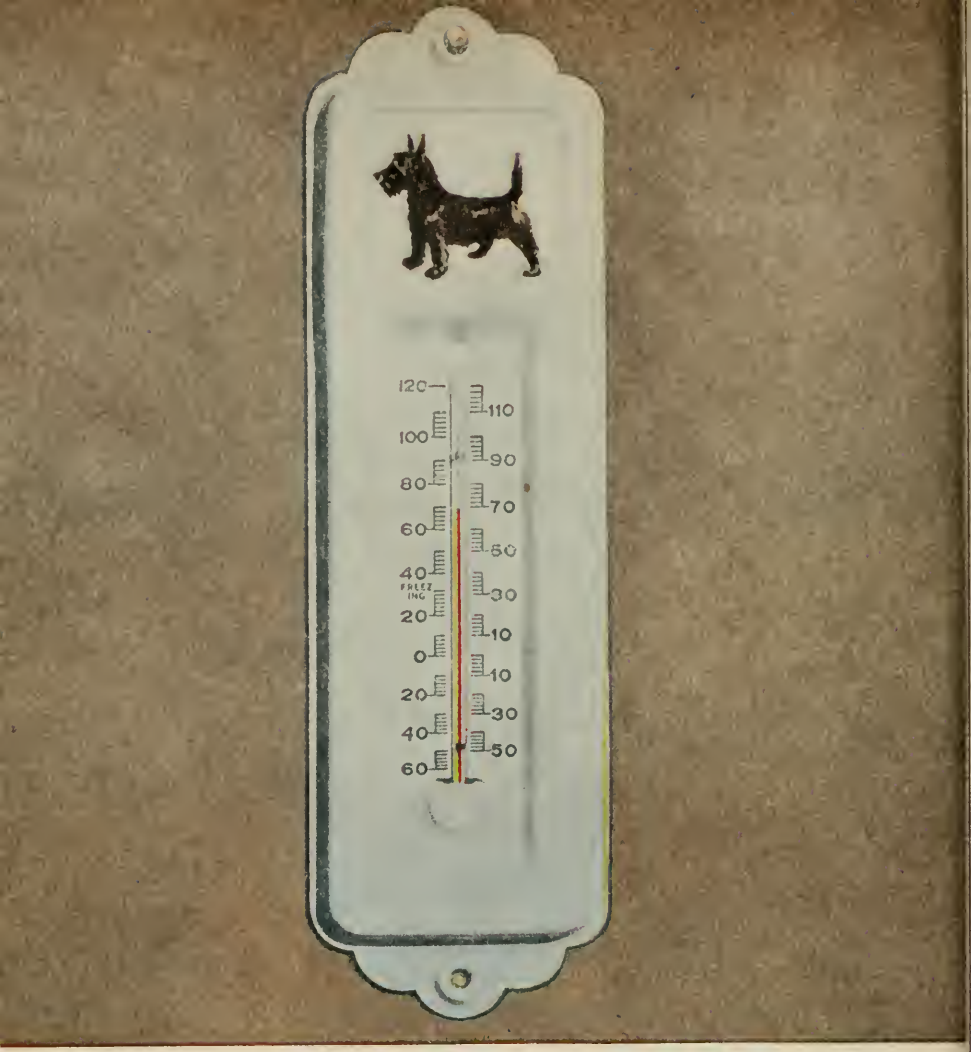
Show, Tell, or Write

how to skip.
how to run fast.
how to jump high.

how to pick up toys.
how to throw a ball.
how to play a game.

when to be careful.
when to stop, look, and listen.
when to walk slowly.

how to get a coat of tan.
how to jump rope.
how to walk down steps.



TOO COLD OR TOO HOT

Jean said to Joe,
"Please tell me how to read
the thermometer."

Joe said, "The line goes down
as the air gets cold.
Zero means it is very cold.
Be careful of your fingers.
Be careful of your ears.
Do not let them get too cold.

"The line goes up
as the air gets warm.
When the thermometer says 80,
it is warm.
When the thermometer says 70,
the air is about right.

"Jean, you must be careful
if the sun is too hot.
Do not run fast then.
You can play in the shade."

"On a cold day," Jean said,
"I like to eat a warm lunch.
I like warm soup
and warm vegetables.

"On a very warm day
I like to eat a box lunch
in the garden."

"On a warm day," Joe said,
"I like to drink cool water.
I like to swim in safe water."

GOOD FRIENDS

Joe said to Mother,
"I have many good friends.
Mack is my friend.
He likes to meet me
when I come home from school.
He likes to play with me.

"Bob is my friend,
and Sam is my friend.
Jean and Mary are my friends.
I like to play with them."

Mother said, "You are
a good friend to Bob and Sam,
and to Jean and Mary.
You are kind and jolly.
You are a good friend to Mack
and Spot and Snow-White.
You feed them and play
with them every day."

Joe said, "You and Father
are good friends to Jean and me.
You give us good food to eat
and good clothes to wear."

who is a good friend to Joe.
who throws a ball far.
who cannot keep step.

what helps to make you grow.
what the dentist does.
what sings at the window.

when it is too warm.
when it is too cold.
when to eat a warm lunch.

what a thermometer is.
what to do on a warm day.
what to do on a cold day.

OUR GOOD HEALTH INDEX

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